

## EXPANDING YOUR SELF-KNOWLEDGE

Because of the intimate and private nature of the work that counsellors carry out with clients, it's crucial that a counselling practitioner is fully self-aware. Developing an ability to self-reflect helps us to become aware of ourselves in the counselling room and as a result, we can then remain emotionally detached from the relationships we are developing with our clients.

Take 10-15 minutes to complete the following self-reflective exercise which has been designed to help increase your self-awareness:

1. How did you decide to be a helper?

2. Why do you want to be a helper?

3. What emotions are you comfortable with?

4. What emotions (In you or others) give you trouble?

5. What are your expectations of clients?

6. How will you manage client responses towards you?

7. How will you manage your feelings towards clients?

8. To what degree can you be flexible with your rules?

